

## Covenant School of Nursing Reflective



*Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)*

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p><b>Step 1 Description</b> A description of the incident, with relevant details. Remember to <u>maintain patient confidentiality</u>. Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personnel / patients / colleagues?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

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I had a patient yesterday who had been in the hospital for almost a month d/t Covid Pneumonia. The patient was on a ventilator and was also on ECMO. We gave many medications, kept the patient in a comfortable position while sedated and paralyzed, and monitored him for any changes in his respiratory status. There was many interprofessional team members involved in the patient's plan of care, including the ECMO nurse, ECMO coordinator, and the nurse who I was following for the day.

At the beginning of my shift at the hospital, I was feeling very unsure because I have never seen a patient on ECMO before and I didn't know how it worked or what it was doing for my patient. By the end of my time at the hospital, I was feeling confident in what ECMO is and I am now able to even explain it to others. The most important feeling I was experiencing was confusion at first because since I didn't know what ECMO was, I wasn't able to get a full grasp of what was going on with my patient and what was needed to improve his condition.

The nurse that I was following and the ECMO nurses were extremely helpful in teaching me about the system and I could most definitely tell that they knew what they were doing. I think that I did a good job of asking questions and wanting to learn more about my patient and being more involved in his care. My nurse did a great job of being thorough with neuro checks and constantly checking respiratory status.

I could apply my knowledge of mechanical ventilation that I learned during lecture to yesterday's patient because although he was on a different ventilator mode that I had learned about, I was able to read his vent settings and understand why the respiratory therapist had set him on the settings that he was on. A broader issue that arose from this event was that it got me thinking about the amount of patient's that are back in the hospital for acquiring pneumonia after they overcome COVID. It is an ongoing issue that seems to not have a solution just yet.

In conclusion, I think that I could have made the situation better by communicating more with my patient. Even though my patient was sedated and paralyzed, you never know what they can hear under the sedation. I should have still talked to him and let him know what I was doing instead of just assuming that he could not hear me, even if he really could not. I learned from yesterday's experience about the highest ventilator mode (APRV/ Biphasic), what ECMO is, and I also learned about the Train of Four neuro checks that I had never heard of before.

Overall, I think that yesterday was a great learning experience for me. In hindsight, I would have communicated with my patient more, but I can learn from this experience and use my knowledge in the future of my nursing career. I also learned the importance of interprofessional teamwork and how it really does take a team to improve patient's quality of care.